



Village Voice



Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • www.pvm.org

April 2015

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From The Village Administrator

Happy Easter!

These months are flying by. I'm anxious for the spring weather to arrive and stick around. I'm sure you are also ready for the nicer weather.

Thank you to all of you who attended our kick-off party to our Friends and Family campaign this past Saturday, and thank you to all of you who donated items for the baskets this year. We've got some great looking baskets.

Please look at the calendar included with this newsletter for all of the events happening this month to help raise funds for our building enhancements.

Our next resident meeting

will be on Tuesday, April 7th at 2 pm.

As Stacey and I are still at Warren Glenn while the search for a new Administrator is taking place, I really want to thank you for your continued patience and understanding.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Announcements

Laundry Room

Please also only use the change machine in the laundry room to do laundry. Notify the office when the change machine is empty. Thank you kindly.

Garbage Reminders

Please put your rubbish in bags and make sure they are tied shut. You may dispose of most items down the garbage chutes on the second and third floor. Large items and glass containers must be brought down to the first floor.

Recycling

Please save your 2-liter plastic bottles for Barb. If you could donate any, it would be greatly appreciated. Barb makes beautiful butterflies from these two liter plastic bottles. She will need volunteers to assist with painting them also.

Friends and Family Fundraiser Dinner!

Join us in the Community Room for a
PASTA DINNER
 April 10th, 2015
 5 - 7 p.m.
 \$5.00 Residents
 \$7.00 Non-Resident





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Write Your Worries Away

Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

April Sing a Long

When: Wednesday, April 22nd

Time: 1:00pm

Join Lee & Nancy for singing, and a special treat.

April Movie Night

When: Thursday, April 23rd

Time: 6pm

Popcorn is provided. Please bring your own beverage.

Stone Soup

Be sure to invite your friends and family to join in a fun evening with the band Stone Soup.

Dinner served from 5-6pm. Cost is \$5.00 for residents and \$7 for non-residents. The menu consists of a walking taco dinner and assorted beverages.

The band will perform from 6-8pm.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

COMING SOON - THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social

Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!

Camille's Office Hours:

Monday 7:30am-2:30pm
Tuesday 7:30am-1:30pm
Thursday 7:30am-2:30pm

VEIN CLINIC -Program

When: Tuesday, April 14th at
Time: 2pm
Where: First Floor
community room

Parish Nurse Schedule

Sue Perkins is available every Wednesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

Join her at 3pm in the library for Bible study.

Stop and Shop Hours

Mondays: 8am-11am

Tuesdays: 12:30pm-3:30pm

Wednesdays: 8am-11:30am

Thursdays: 12:30pm-3:30pm

Fridays: 12:30pm-3:30pm

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2015



Kick off!

			1	2 	3	4 
5	6	7	8 	9	10	11 
12	13 	14 	15	16 	17	18 
19	20	21	22 	23	24	25 
26	27 	28	29 	30 	Proceeds To Benefit The Peace Manor Friends & Family Fund	

All Events Open To The Public, Be Sure To Invite All Your Family & Friends

March 28th: F&F Kick Off ~ 11am - 1pm: light lunch, 50/50 raffle

April 2: PVM Reception ~ 4:30pm, light refreshments

April 4: Omelet Breakfast ~ 8-10 am, \$3 resident / \$4 non-resident, Egg Tree Hunt

April 8: Bake Sale ~ 1 - 3pm, baked goods for sale, 50/50 raffle

April 10: Pasta Dinner ~ 5 - 7pm, \$5 resident / \$7 non-resident, 50/50 raffle

April 11: Omelet Breakfast ~ 8-10 am, \$3 resident / \$4 non-resident

April 13 Peaceful Painting ~ 2-4 pm, Pots to Paint: \$6 resident / \$10 non-resident

April 14: Rams Horn ~ 5-9 pm, carry-out/dine-in, Magician to perform for dinner guests

April 16: Scrapbook Night ~ 5-7 pm, Donations Appreciated

April 18: Omelet Breakfast ~ 8-10 am, \$3 resident / \$4 non-resident

April 22: Concert on the Patio ~ Dinner 5-6 p.m., \$5 resident / \$7 non-resident

50/50 raffle ~ local band Stone Soup playing from 6-8 p.m.

April 25: Omelet Breakfast ~ 8-10 am, \$3 resident / \$4 non-resident

April 27: Peaceful Painting ~ 7-9 pm, Spring Fling: \$15 resident / \$25 non-resident

April 29: Raffle Basket Drawing ~ 1 pm

April 30: Scrapbook Night ~ 5-7 pm, Donations Appreciated



April 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 8am-11am- Stop & Shop Open	7 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman	8 8-11:00am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	9 1:00-3:30pm- Stop & Shop Open	10 9am- Bus To Meijer 1:00-2:30pm- Stop & Shop Open	11 8-10am- Omelet Breakfast
12 Easter Sunday	13 8am-11am- Stop & Shop Open	14 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman 2pm- Vein Clinic	15 8-11:00am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	16 1:00-3:30pm- Stop & Shop Open	17 9am- Bus To Meijer 1:00-2:30pm- Stop & Shop Open	18 8-10am- Omelet Breakfast
19	20 8am-11am- Stop & Shop Open	21 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	22 8-11:00am- Stop & Shop Open 10am- Communion 1pm-Sing A Long 3-4pm- Bible Study	23 1:00-3:30pm- Stop & Shop Open 6PM- MOVIE NIGHT	24 9am- Bus To Meijer 1:00-2:30pm- Stop & Shop Open	25 8-10am- Omelet Breakfast 12pm- Bingo W/ Sue
26	27 8am-11am- Stop & Shop Open	28 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman	29 8-11:00am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	30 1:00-3:30pm- Stop & Shop Open		

OMELET BREAKFAST

Join The Village of Peace Manor
Every Saturday in April

from 8 to 10 a.m.
for a Fresh Omelet Breakfast

\$3 for Residents
\$4 for Non-Residents

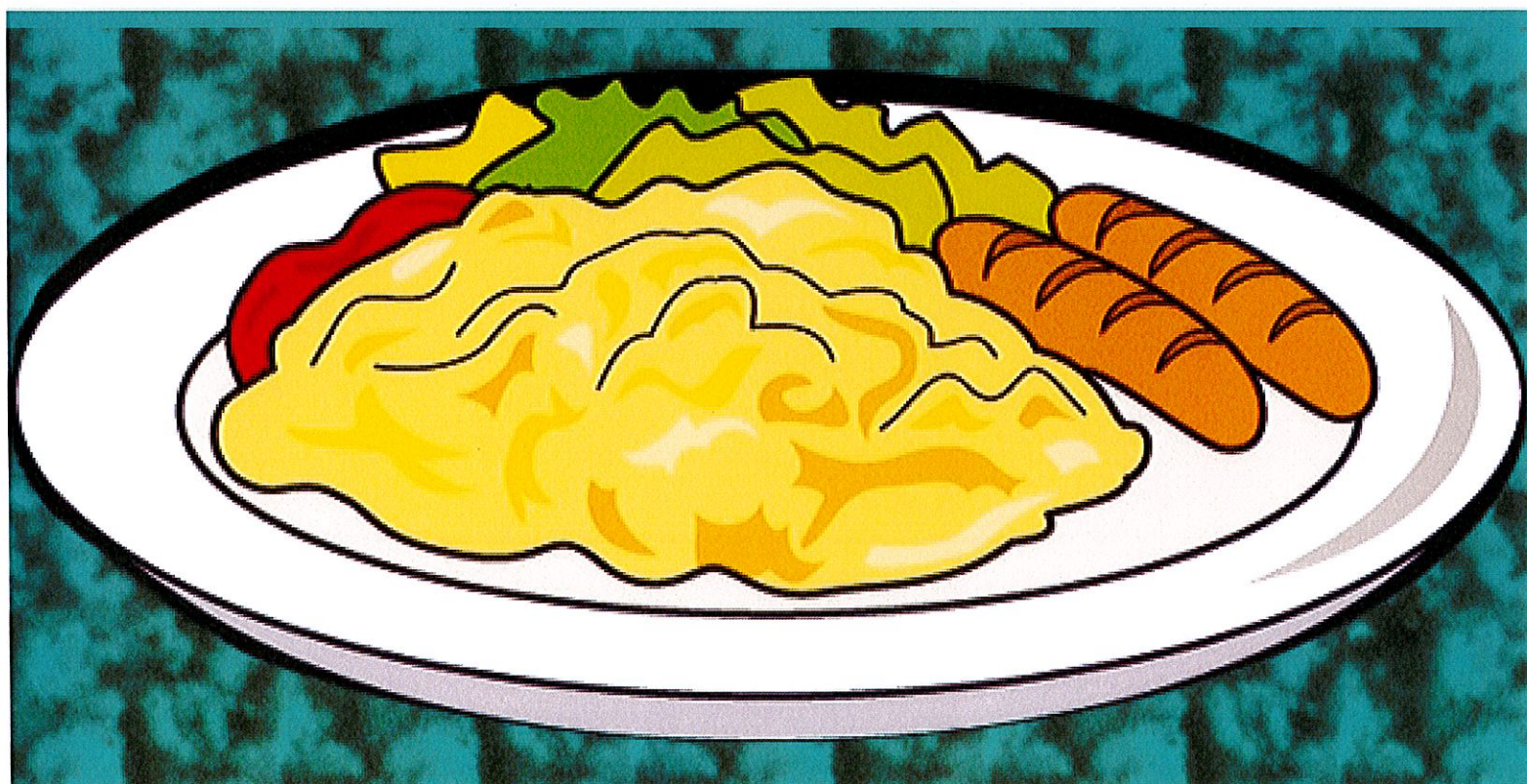
Special Egg Tree Hunt April 4th

All Proceeds To Benefit:
The Peace Manor Friends and Family Fund

Help support our senior living community raise money for :

Raised Gardens, Art Work for Hallways, Furniture for Common Areas,
Outdoor Lounging Chairs and other building enhancements.

Thanks for Your Support!!!!



Baseball - Word Search

Find the words hidden in the grid of letters.

C E B P S P L L A B E V R U C Z V
U T K V U O D U G O U T Q G Y J T
S L A I H T H C A O C R F L J M Y
T E V Y R S L I D E O I R O H X L
S N Y P I T C H E R E P C V Y L K
V C U S A R S X T L E L Q E A P Z
B G O B V O R F D V M E P B R H V
A N H R M H A E I J Z P Y G H N M
T I B W E S R R D L B L Q F I O E
T N Y A T B D T Z N F A N U U P M
E N M B S E O B H Y U Y T N F A O
R I A L N E V A X Y B O D B G L H
A L L I Y D X J R F G E R Y O Q M
L K L E R I P M U D I W L G X Y V

BASE
BATBOY
BATTER
BUNT
COACH
CURVEBALL
DUGOUT
FASTBALL
FIELDER
FLYBALL
GLOVE
GROUNDER
HOME
INNING
LINE DRIVE
MOUND
PITCHER
SCOREBOARD
SHORTSTOP
SLIDE
STRIKE
TRIPLE PLAY
UMPIRE

HOME MADE MEMORIES SCRAPBOOK NIGHT

Join us in the community room

5-7 p.m.

Wednesday April 16th

Wednesday April 30th

For an evening
of fun, creative activity.

*Learn to document your
happiest moments
in a scrapbook or picture
frame*

Invite your family and friends!

Bring your favorite photos,
paper, stickers and momentos.

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org



Office Numbers (586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Sue Perkins
Parish Nurse

Stacey Klooster
Administrative Assistant

William Horton
Maintenance Tech

Camille DeBlaere
Service Coordinator

EMERGENCY NUMBER

(586) 256-6326

Fax Number

(586) 790-4501



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



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